Executive Proclamation
State of South Dakota
Office of the Governor

Whereas, The National Governors Association's chairman's initiative *Healthy America* is designed to raise national awareness about the urgent need for all Americans to live healthier, more active lives; and,

Whereas, Governors across the nation have been working on a wide variety of health reform-related issues to encourage wellness; and,

Whereas, More than a quarter of all American adults are physically inactive, and 65 percent are overweight; and,

Whereas, Physical activity can greatly reduce the risk of many chronic diseases and health conditions, including hypertension, diabetes, heart disease, stroke and some cancers; and,

Whereas, Overweight people at risk for developing diabetes can reduce that risk by 60 percent by becoming physically active for 30 minutes a day and losing a moderate amount of weight; and,

Whereas, Healthy America Week is designed to be the start of a life-long commitment to making good decisions:

Now, Therefore, I, M. Michael Rounds, Governor of the state of South Dakota, do hereby proclaim May 1-5, 2006, as

HEALTHY AMERICA WEEK

in South Dakota and encourage all citizens to support and promote this observation.

In Witness Whereof, I have hereunto set my hand and caused to be affixed the Great Seal of the state of South Dakota, in Pierre, the Capital City, this Twenty-fourth Day of April in the Year of Our Lord, Two Thousand and Six.

M. Michael Rounds, Governor

Attest:

Chris Nelson, Secretary of State